

The Cooking Dish

Bhut Jolokia "Ghost Pepper" Recipes

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1 WARNING

Please use extreme caution while ingesting or handling these peppers. Always thoroughly wash your hands after handling. Do not touch or rub your eyes after handling the bhut jolokia chili pepper, or any other part of your body. We recommend that you use gloves whenever working with these peppers.

We are not responsible for any injuries, accidents or effects caused by the bhut jolokia. Start out with very small amounts and gradually increase it as the heat is tolerated.

Please do not give this chili pepper to other persons without their knowledge and consent. It is extremely hot and may cause adverse reactions.

These recipes are from an unknown source. We have not personally prepared these recipes.

2 REHYDRATION

To rehydrate dried chili pods, place the chilies in a bowl. Pour just enough boiling water over the pods to cover them. Cover the bowl with a lid or plastic wrap and allow to rest for ~10 minutes, or until chilies are soft and pliable. For a more intense, toasty flavor, use a spatula to press the dried pod in a hot skillet (no oil or liquid) until you see a little wisp of smoke rise, then flip the chili over and repeat on the other side. Then proceed with the directions above for rehydrating.

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3 BOTTLED HELL HOT SAUCE

Ingredients

6 whole mangos peeled and seeded
7 whole kiwi fruit peeled
7 bhut jolokia peppers (rehydrated), stemmed and seeded
4 whole limes, juice of
2 whole lemons, juice of
4 tablespoons orange juice, frozen concentrate
1/3 cup vinegar, white
1 teaspoon salt
2 cups water

Method

1. In stock pot, add bhut jolokia peppers, water, and salt. Slow boil for 15 minutes. Save $\frac{3}{4}$ cup of the water and drain the rest.
2. In blender, puree the saved water and all ingredients except vinegar. Return to stock pot and simmer on medium low heat for 10 minutes, stirring constantly.
3. Remove from heat and stir in vinegar until slightly cooled. Serve.

4 INSANELY HOT SALSA

Ingredients

15 oz. can petite diced tomatoes OR 1 lb. fresh tomatoes, peeled and diced
1 sm. onion, minced OR $\frac{1}{4}$ cup dried minced onion
 $\frac{1}{4}$ cup chopped fresh cilantro OR 2 tablespoons dried cilantro
2 teaspoons lemon juice OR lime juice
1 teaspoon granulated garlic OR garlic powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground cumin seed
1 bhut jolokia chili pod (rehydrated), stemmed and minced

Method

In a bowl, stir together all ingredients. For a smooth salsa, puree all ingredients in a blender, food processor, or using a stick blender. For a chunky salsa, puree only half. Refrigerate salsa for at least 1 hour before serving, overnight is best.

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5 GHOST CHILI PEPPER SAUCE

While it's best used as a creamy sauce to complement burritos, tacos, hamburgers, etc., you can also use it as a chip dip.

Ingredients

- ½ oz dried bhut jolokia peppers (rehydrated)
- ½ cup chopped parsley
- ¼ cup red ripe pepper of any kind, just for color
- ¾ quart buttermilk
- 1 cup mayo
- 1 teaspoon black pepper

Method

1. In a standard food processor, chop the rehydrated peppers. Add a little buttermilk and chop again.
2. Add parsley and red pepper, chop again.
3. Add mayo, chop again.
4. Add the rest of the ingredients and top off with buttermilk until processor is full. Chop again.
5. This makes about 1 quart of sauce. Be careful when chopping the chilies to avoid splattering.

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6 TOO HOT TO CALL IT CHILI

Ingredients

2 lbs ground beef
2-3 dried bhut jolokia peppers, stemmed and diced
½ onion, chopped
1 tsp ground black pepper
½ tsp garlic salt
2 ½ cups tomato sauce
1 (8 oz) jar salsa
4 tbsp chili seasoning mix
1 (15 oz) can light red kidney beans
1 (15 oz) can dark red kidney beans

Method

1. In a large saucepan over medium heat, combine the ground beef and the onion and sauté for 10 minutes or until meat is browned and onion is tender.
2. Drain grease, if desired. Add remaining ingredients. Mix well, reduce heat to low and simmer for at least an hour.